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PART ONE OF THREE: 'ROXY' EDUCATES US ON BODY-RUB PARLOURS PAGES 8 & 9

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Three convicted over beating at Stanley Cup riot

But fourth man acquitted PAGE 2

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Wailing, shouting and gunshots

Woman dead, suspect shot, child hurt. Police say officers fired at man with knife next to corpse

SAM SMITH
vancouver@metronews.ca

A woman is dead, a little girl is in hospital with head injuries and the main suspect was shot by police near the corner of Joyce and Kingsway on Monday morning.

Two VPD officers shot a 33-year-old male after they busted into an apartment at 3319 Kingsway Ave. and found him armed with a knife next to a dead body, according to the Independent Investigations Office.

Police say the two officers tried to speak with the suspect but the situation escalated and they opened fire.

The man was taken to hospital, said VPD spokesperson Const. Brian Montague.

"The young girl that was crying in the hallway — she's believed to be about five or six years old — she was taken to (BC) Children's Hospital with some injuries," said Montague. "They're not considered life-threatening."

Police received a call around 10:30 a.m. about a child crying, a man yelling and blood in the hallways.

A neighbour who identified himself only as Ron said it was his girlfriend who made the call.

"I was at school and my girlfriend called," Ron said. "She said she heard the baby in the hallway crying for about 30 minutes. So I told her, 'Don't get involved but stick your head out,' and she said she saw blood."

Gurinder Sodhi, who owns several units in the building and works underneath it, said he heard four gunshots after police arrived and saw the little girl being put into an ambulance.

"She was conscious; she was alive," he said. "But the guy who was taken away, he was bleeding all over."

Neighbours described the man as having a mental illness, though police could not confirm that assertion.

Withheld

The identities of the suspect, the woman and the girl were not released.

Officers investigate a crime scene following a police shooting in Vancouver on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

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NEWS 1

Three men convicted of Stanley Cup riot beating

A fourth man was acquitted. The riot began in the dying minutes of Game 7 at an outdoor viewing party downtown

Three young men were convicted Monday of beating a Good Samaritan during Vancouver's Stanley Cup riot — an act of violence that has been singled out for special condemnation, even when compared with the chaos and destruction that swept through the downtown.

A fourth man also charged was acquitted.

Robert MacKay was assaulted on June 15, 2011, outside The Bay department store during the riot that broke out following the Canucks' loss in Game 7 of the Stanley Cup final.

David Leonati, Carlos Barahona Villeda, Michael MacDonald and Ioannis (John) Kangles were charged with assault and participating in a riot, while MacDonald was also charged with mischief.

In a trial earlier this year, a judge reviewed photographs and videos captured by witnesses and, more often than not, uploaded to the Internet and spread by social media.

Provincial court Judge Greg Rideout said the video evidence, along with Leonati's own confession, proved Leonati, Barahona and MacDonald assaulted MacKay. They were each convicted of assault and participating in a riot, while MacDonald was also convicted of mischief for throwing a sign through a broken window.

Kangles, who told the court he only intervened because he believed MacKay posed a threat to others, was acquitted of all charges.

The riot began in the dying minutes of Game 7 at an outdoor viewing party downtown, where thousands of fans gathered to watch the match on giant screens. A vehicle was set on fire at the viewing site, and the rioters quickly spread, igniting vehicles, smashing windows and looting stores over several square blocks.

THE CANADIAN PRESS

Good Samaritan Robert MacKay was beaten outside The Bay during the June 2011 Stanley Cup riot.
MATT KIELTYKA/METRO FILE

No charges laid in second B.C. mill blast

A large fire burns at the Lakeland Mills sawmill in Prince George, B.C., on April 24, 2012. ANDREW JOHNSON/THE CANADIAN PRESS

Massive changes are needed at WorkSafeBC to restore public confidence in the worker protection agency's investigations after two deadly sawmill blasts have failed to result in charges, says Labour Minister Shirley Bond.

British Columbia's Criminal Justice Branch announced Monday that no charges will be laid in connection with a fiery blast at the Lakeland Mill in Prince George, B.C., where two people were killed and 22 were hurt in April 2012.

The branch made a similar announcement in January, saying no charges would be laid after the explosion at the Babine Forest Products mill, despite the deaths of two workers and injuries to 19 others in January 2012 — partly because of a flawed WorkSafeBC inspection.

Bond said she met with the WorkSafeBC board on the weekend, and that members decided to appoint BC Ferries commissioner Gord Macatee as the WorkSafeBC administrator.

Bond gave Macatee until July 1 to produce a report that would ensure future WorkSafeBC investigations are handled correctly, that B.C.'s sawmills are safe workplaces and to develop a plan for implementing a world-class inspection and investigation regime.

THE CANADIAN PRESS

Suspect arrested

Woman stabbed, calls police to report man fled with her baby

Police are praising a 23-year-old woman for calling for help after she was stabbed multiple times and her baby was snatched from her home in Abbotsford, B.C.

Const. Ian MacDonald says that despite her serious injuries, the woman managed to phone 911 and report that a man had fled with her 18-month-old son.

MacDonald says the suspect was arrested in a nearby backyard and is the baby's father.

He says the 24-year-old man is well known to police and faces various charges.

The woman remains in hospital.

MacDonald says the child appears to be OK, but he didn't know if the boy was with family or in the care of the Children's Ministry.

THE CANADIAN PRESS

North Okanagan

Two people killed in head-on motorcycle crash

Two people have been killed in a crash northwest of Vernon, B.C.

RCMP in the north Okanagan say a motorcycle and an SUV rammed head-on just before 7 p.m. on Sunday night. The victims have not been identified but investigators say both were on the motorcycle and both were local residents. According to police, the SUV pulled out to pass another vehicle and collided with the oncoming motorcycle. The SUV driver was not hurt.

THE CANADIAN PRESS

Oil. Aboriginal businessman and Canucks owners pitch pipeline

An aboriginal businessman and former motivational speaker has teamed with the British Columbia billionaires best known for their ownership of the Vancouver Canucks to pitch an alternative to the struggling Northern Gateway pipeline.

Calvin Helin, CEO of Eagle Spirit Energy, said the project would include a pipeline linking the Alberta oilsands to a tanker terminal on the B.C. coast. It would also include an upgrader to refine the heavy bitumen oil produced in the oil sands to a lighter, more conventional and less controversial product, he said.

But Monday's announcement, which also included the Aquilini Investment Group, the company that owns the Canucks, raised as many questions as it answered, such as where the tanker port would be located and how many First Nations have signed on.

Helin said Eagle Spirit cannot reveal the number of aboriginal groups on board because it would breach non-disclosure terms.

"We're at the beginning of a process," Helin said. "Our goal is to earn the social licence to operate."

The new proposal was endorsed by two small B.C. aboriginal communities.

The Nee Tahi Buhn band has 135 members, about 55 of them living on the band reserve near Burns Lake. The Stellat'en is a band with about 500 members, half of them living in the band community near Fraser Lake.

THE CANADIAN PRESS

Sarah Leung. Baby killer to have psychiatric assessment before sentencing

A psychiatrist will assess the mental health of a Vancouver woman before she is sentenced for killing her two newborn babies.

Lawyers in B.C. Supreme Court agreed that a psychiatric report and pre-sentencing report should be done for Sarah Leung, who was scheduled to be sentenced Monday.

The 28-year-old woman was convicted last week of two counts of infanticide, rather than second-degree murder, in the deaths of her infant boys — the first in April 2009 and the second in March 2010.

Leung's lawyer had argued that his client was so terrified of being disowned by her family that she hid her pregnancies and disposed of the babies' bodies after secretly giving birth.

Police were called after Leung's father found the first child in a plastic bag placed in the garbage can outside the family's home.

The conviction of infanticide means that a mother caused the death of her newborn when she has not fully recovered from giving birth and is mentally disturbed.

Leung's sentencing hearing has now been scheduled for June 19.

THE CANADIAN PRESS

West Vancouver police are reviewing an incident between an officer and several longboarders after a video of the altercation was posted online. SCREENGRAB/YOUTUBE

Longboard video causes police review

West Vancouver. YouTube clip shows officer pull into middle of the road, causing boarders to swerve

MATT KIELTYKA
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The West Vancouver Police Department is reviewing an incident between one of its officers and several longboarders after a video of the altercation was posted on YouTube.

According to police, the incident happened in the afternoon of April 9 as a group of longboarders skated down Finch Hill Road.

The video, taken by one of the longboarders, shows an oncoming, unmarked police vehicle turn on its lights and pull into the middle of the road, causing the boarders to take evasive action and pull off the road at high speed.

The video, uploaded with the title "Cops cuts off longboarders" on YouTube, then captures an exchange between the officer and the boarders, who accuse the officer of endangering their lives.

"That was definitely the most dangerous thing I've been involved in," the boarder tells the officer.

"All I did was slam on my brakes," the officer replies.

"You turned in front of our lane and made all of us crash," said the boarder.

"Our lane? It's illegal to ride your longboard out here. I'm sick and tired of dealing with you, you understand?" the cop says.

The short video (1:14 in length) is cut off as the boarder says, "you should be doing better things with your time right now instead of running kids off the road with your vehicle."

West Vancouver police (WVPD) released a statement Monday saying the department is "aware of concerns being expressed via social media regarding a videotaped interaction between one of our officers and longboarders."

The incident is under review to determine "whether all WVPD polices and guidelines were properly followed and whether any further action is warranted."

It doesn't appear anyone was seriously injured in the incident and no official complaints have been made against the office.

WVPD spokesperson Const. Jeff Palmer said police were called to the area after residents complained about the longboarders.

There were more officers and longboarders involved in the call throughout the neighbourhood that weren't seen on the video, Palmer said.

Longboarding on public roads is illegal in the City of West Vancouver.

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Dozens of bright orange spray-painted bicycles have been popping up in Metro Vancouver. The bikes are part of a guerilla marketing campaign to promote a new fitness concept, called Orangetheory Fitness, being launched by Club 15 Trevor Linden Fitness. IMGUR

Hey, anybody lose a bike ... or 60?

'Funky' sight. Mysterious orange bicycles pop up in Metro Vancouver, cause stir on social media

THANDI FLETCHER
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Dozens of bright orange bicycles have been popping up in Surrey and North Vancouver in recent days, turning heads and causing a stir on social media.

Coated in orange spray-paint and chained up to street signs and trees, the 60 bikes have been out for less than 48 hours. But it didn't take long for perplexed Vancouverites to wonder who is behind the mystery bikes as theories emerged on social media website Reddit.

Could they be part of a new bike-share program, coated in orange spray-paint and "made ugly so no one steals them?" one user asked.

Turns out the bikes are part of a guerilla marketing campaign to promote Orangetheory Fitness, a new fitness concept that will be launching in Club 16 Trevor Linden Fitness centres in south Surrey and North Vancouver this summer.

Although the online theories were wrong, the bikes did get people talking, which was the goal all along, said Radha Johal of Club 16 Trevor Linden Fitness.

"The colour orange, it's vibrant and it gets attention," said Johal. The reaction has been "phenomenal," she said.

One of the bikes is chained to a stop sign near the End of the Line General Store in Lynn Valley.

Talk of the town

"Made ugly so no one steals them?"

One Reddit user, musing that the bikes were perhaps part of a new bike-share program and coated in orange spray-paint to discourage sticky fingers

"Everybody is wondering about the orange bikes," said storeowner Connie Fay, who is a fan of the bright bikes. "They're actually kind of funky."

Although the public response has been positive, the District of North Vancouver is less enthusiastic.

District spokeswoman Jeanine Bratina said the placement of the bikes "could be considered a safety/tripping hazard for pedestrians." The district has been in contact with business owners to advise that the bicycles need to be removed, Bratina wrote in an email.

When asked about the district's response, Johal said she hadn't heard any complaints yet. If they do receive a complaint, however, she said the company will remove the bikes.

In Surrey, city spokesman Darryl McCarron said the city has not received any complaints.

Johal said the company plans on keeping the bikes up for another 48 hours. They will be kept for future Orangetheory Fitness marketing campaigns in Metro Vancouver, she said.

Green is good: Vancouver schools embrace composting

Every school in Vancouver will have a composting program by the end of the year, according to the Vancouver School Board.

The board announced Monday that it is implementing a large-scale organic waste composting program across the entire district of 110 schools after the successful completion of a pilot project at eight sites.

In those schools, such as King George Secondary, the VSB has already seen approximately 40 per cent of its waste diverted from landfills.

With municipal and regional government implementing composting bylaws in 2015, VSB decided to get ahead of the curve and help gear students toward a culture of waste reduction.

"Once the program is fully rolled out to all schools and people have a handle on it, we can cut garbage by 30 to 40 per cent," VSB sustainability coordinator Kevin Millsip said. "That's up to 80 per cent of waste diverted through recycling and organic composting combined."

Getting students composting at an early age, and having them bring the habit home, could have large societal benefits.

"It means that we're getting to the place where it's easier to get people to do the right thing," said Millsip.

Promising results

40%

In the eight sites that were part of a pilot large-scale organic waste composting program, the VSB has already seen approximately 40 per cent of its waste diverted from landfills.

And with the school board staring at a potential $26.6-million shortfall in 2015-16, trustee Rob Wynen sees potential cost benefits with the program long-term on top of the cultural and environmental benefits.

"We've seen our garbage costs go up and up," he said. "(Composting) could make a difference."

VSB already has several green programs that have helped the district save money as well, including Vancouver Technical Secondary School's commercial garden.

MATT KIELTYKA/METRO

Students at King George Secondary School were involved in a Vancouver School Board composting pilot project that is now being adopted district-wide. COURTESY VANCOUVER SCHOOL BOARD

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BCTF prepares to strike if progress not made in provincial bargaining

If things go wrong for the B.C. Teachers' Federation (BCTF) in the next few days, they could be set for job action as early as next week.

BCTF president Jim Iker said negotiations are set to resume with the province on Tuesday, but they're at a stalemate when it comes to several key issues including teacher salary, prep time, class size and composition.

In the meantime the BCTF is scheduled to meet with the Labour Relations Board to discuss essential services in their job action plan.

But Iker hopes it doesn't have to reach that point.

"I bring optimism into my role as president of the BCTF," he said. "And we recognize that both sides are apart right now, but as long as we're talking and we're committed to getting a good deal, I'm hopeful we can get that deal done. But as we all know it takes funding from the government."

Teachers voted 89 per cent in favour of a strike in early March, which baffled Premier Christy Clark at the time.

"I don't think people, the men and women who are teaching in classrooms in British Columbia want disruption, like going on strike, any more than parents, or students or the government does," she said.

SAM SMITH/FOR METRO

Bloody terror attack in Nigeria

Abuja. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital.

One official said he believed the bomb was buried in the earth while the emergency management agency said the explosives were apparently hidden in a vehicle. The blast destroyed 16 luxury buses and 24 minibuses and cars, said police. There was no immediate claim of responsibility for Monday's bombing. THE ASSOCIATED PRESS

The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

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Ukraine wants UN peacekeepers

Ukraine's acting president urged the United Nations on Monday to send peacekeeping troops to eastern Ukraine, where pro-Russian gunmen kept up their rampage of storming and occupying local government offices, police stations and a small airport.

The request came from a government that has proved powerless to rein in separatists in its eastern and southern regions, where insurgents have seized or barricaded government buildings in at least nine cities, demanding more autonomy from the government in Kyiv and closer ties with Russia.

The Kyiv government and Western officials accuse Russia of instigating the unrest and of deploying armed Russian agents in civilian clothing.

In a conversation with Secretary-General Ban Ki-moon, President Oleksandr Turchynov suggested a joint operation by Ukrainian security and the United Nations.

UN peacekeepers, however, would have to be authorized by the UN Security Council, where Russia holds a veto.

Turchynov's deadline for insurgents to give up their weapons and vacate their homemade barricades passed Monday without any visible action, the violence continued. THE ASSOCIATED PRESS

A man tries to protect a Ukrainian police officer beaten by a pro-Russian mob that stormed a police station in Horlivka. EFREM LUKATSKY/THE ASSOCIATED PRESS

Harper reacts

PM doesn't mince words

Russian actions against Ukraine are "aggressive, militaristic and imperialistic" and pose a grave threat to world peace, Stephen Harper said Monday. THE CANADIAN PRESS

Teen boys face serious charges, including human trafficking

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth, N.S., provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault.

The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston, N.S., home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for a reports of shots fired at a home just before 9 p.m. April 10. They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor, Ont.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution. He added that it's possible the two accused weren't acting alone.

"I think police have to look at the possibility that there is a network involved," he said.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

RUTH DAVENPORT/METRO IN HALIFAX

France

Police testing all males at school for DNA

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple. "Either I file it away and wait for a match ... or I go looking for the match myself." THE ASSOCIATED PRESS

Bolivia

Villagers send two men to hospital after alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants in retaliation for the men allegedly stealing three motorcycles.

Dr. Roberto Paz said one remained in intensive care while the other suffered kidney failure.

THE ASSOCIATED PRESS

Accused woman says she killed six of her newborns

Utah. Police say she then wrapped them up and left the bodies in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on bail — $1 million US for each baby she's accused of killing.

Huntsman was arrested on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman and no other arrests have been made but Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Hunstman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. THE ASSOCIATED PRESS

Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

Psychology

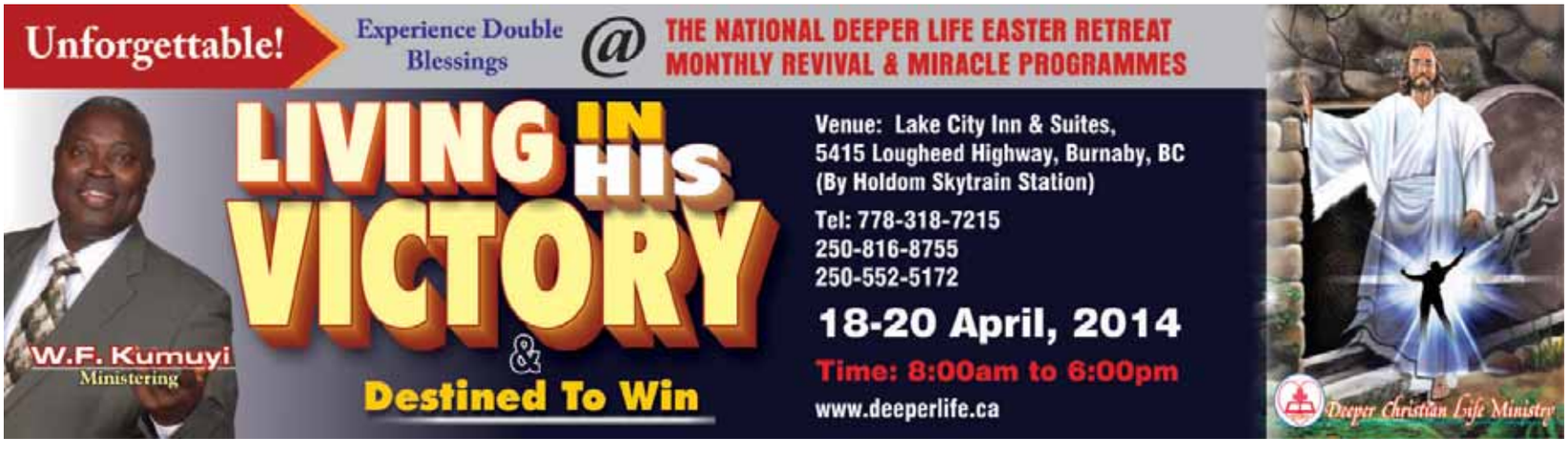
Women who kill their kids

Most women who kill their children do so by neglect and/or on purpose, said Cheryl Meyer, a psychology professor at Ohio's Wright State University.

Meyer said another common category is the "concealer," a woman who hides or denies her pregnancy and then seeks to dispose of the baby.

The concealers are typically teenagers who get pregnant, are scared and don't want to tell their parents, said Meyer.

THE ASSOCIATED PRESS



Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in need of protection.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala. THE CANADIAN PRESS

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in The Bluest Eye would seem to have little in common.

But among some parents, educators and others, the works fall into the same category — they're just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" last year at schools and libraries.

Dav Pilkey's bestselling Captain Underpants series topped the list. The reasons cited included "offensive language" and material unsuited for its targeted age group.

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, along with violence and sexual content. THE ASSOCIATED PRESS

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately, most parents and educators do, too."

Dav Pilkey, author and illustrator of the Captain Underpants series of books

WikiLeaks

Manning's 35-year prison sentence upheld

An Army general is upholding Chelsea Manning's conviction and 35-year sentence for giving classified information to the anti-secrecy website WikiLeaks.

The Military District of Washington said Monday that Maj. Gen. Jeffery Buchanan has taken final action in Manning's court-martial.

Manning was sentenced in August 2013 for six Espionage Act violations and 14 other offences for leaking more than 700,000 secret military and state department documents while serving in Iraq in 2009 and 2010.

As commander of the jurisdiction in which the trial was held, Buchanan could have approved or reduced the court-martial findings.

His action clears the way for an automatic appeal to the Army Court of Criminal Appeals. THE ASSOCIATED PRESS

Ontario suicide attempts shared with U.S. officials

Special report. Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist." Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome." THE CANADIAN PRESS

Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

Prosecutor keeps pressure on Pistorius

Oscar Pistorius in Pretoria, South Africa, Monday. THE ASSOCIATED PRESS

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts to mask difficulty in answering a barrage of probing questions.

His voice quavering at times, Pistorius struggled to explain alleged inconsistencies in his testimony and broke down sobbing on two occasions, forcing Judge Thokozile Masipa to temporarily halt proceedings.

Prosecutor Gerrie Nel was sometimes quick to acknowledge Pistorius' distress, but also said the athlete was frantically trying to shore up a fabricated story.

"You're getting frustrated because your version is improbable," Nel said. "You're not using your emotional state as an escape, are you?"

Pistorius said he wasn't in a "rational frame of mind" at the time of the shooting in his home in the early hours of February 2013. THE ASSOCIATED PRESS

Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law

Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.

STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working," she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of $4,000 to $5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need something mentally stimulating," she said.

Practising yoga and watching cartoons like Sleeping Beauty are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar.
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO

Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

Heartbleed likely 'largest flaw' to hit Internet

Expert. News 900 SINs stolen from CRA is just the 'tip of the iceberg'

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue Agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said.

The revenue agency said it suffered "a malicious breach of taxpayer data that occurred over a six-hour period."

The problem is that the bug has been loose for two years, said Zabiuk.

THE CANADIAN PRESS

BlackBerry Messenger

BBM poses 'small' risk

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

BBM was created originally for the company's own products, but BlackBerry released software last fall which made the app available to users on iPhone and Android products.

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Uber hails customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia, with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year. RAJANISH KAKADE/THE ASSOCIATED PRESS

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HAIR-RAISING TALES FROM DOWN UNDER

SHE SAYS

Jessica Napier
metronews.ca

Practically all women are born with hair on their body — some much more than others, thanks to various biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair-removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to "feel womanly around the clock" is to go on the offensive against your own body and never ever allow a person of the opposite sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized "feminine" figure.

Personally, I've never been interested in any sort of hair-removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

But, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and lying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process, I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

"It will feel better next time," the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite $40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie-doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there, or anywhere else on her body.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Picnic instead of picket

OLI SCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. METRO

Organizer says

"People say it's not about gender. If it was just people eating on the Tube, you could bring in the question of privacy, but it's not — it's just women. You can't ignore that."

Organizer Alexis Calvas told The Independent

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #ieatonthetube hashtag.

Also seen on transit

- **@dreaminontransit** is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- **Awkwardtransit.com** is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.

YOUTUBE SCREENGRAB

metro

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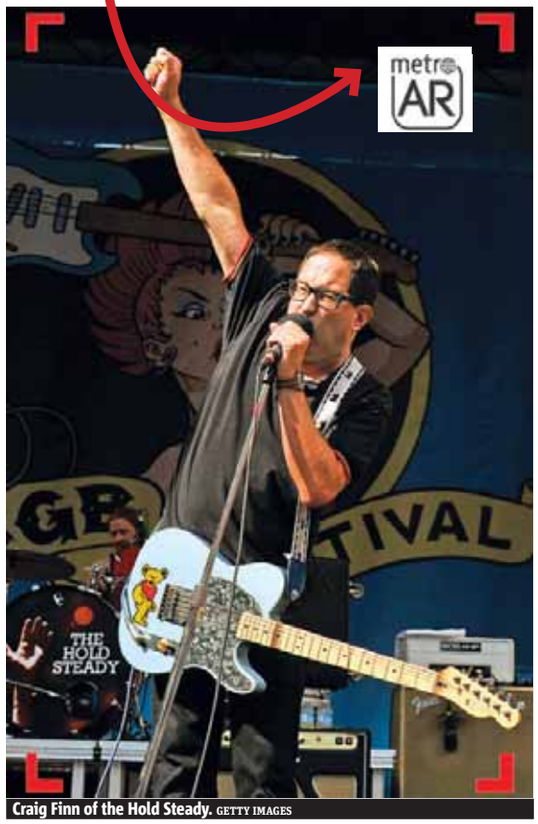
See that symbol? It means you can scan the photo below with your Metro News app to hear a new song by the Hold Steady

SCENE 2

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York



Craig Finn of the Hold Steady. GETTY IMAGES

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With Teeth Dreams, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

Quoted

"I'm trying to write characters that are a little older."

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. … [Now] I'm trying to write characters that are a little older.

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. … It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "supervindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

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See that symbol? It means you can scan the photo below with your Metro News app. Going the Distance: a step-by-step guide to the marathon

LIFE 3

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not. The treadmill won't make you a better runner, and here's why

ROMINA McGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym … but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?

On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe needs to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free]) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

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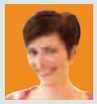

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are cellared in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO2 so the apples go to sleep. When they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down. This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Apple and Chicken Bake sweetens the pot — literally

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock

1. Preheat oven to 400°F.

2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.

3. In the sauté pan, heat oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with pan juices.

This recipe serves six. COURTESY THERESA ALBERT

RECIPE COURTESY COURTESY REDPRINCE-APPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Top marks for SFU students

RISE competition. Team brings home gold medal for the third straight year from Ohio

Simon Fraser University's Beedie School of Business won gold from the recent Redefining Investment Strategy Education (RISE) competition in Dayton, Ohio. CONTRIBUTED

DANIEL HENDRIKSEN
For Metro

For the third straight year, students from Simon Fraser University's (SFU) Beedie School of Business brought home gold from the Redefining Investment Strategy Education (RISE) competition.

Cicy Bai, Puxia Yu, Anastasia Lavrik and Jason Wang, students in Beedie's MSc in finance program, travelled to the University of Dayton, Ohio, from March 27-29 to take part in the competition. On the strength of their portfolio's risk-adjusted return between December 2013 and January 2014, the group took top spot in the balanced investment style category.

The event, now in its 14th year, coincides with the RISE student investment conference, the largest of its kind in the world. Students from some of the top universities on the continent take part in the competition where they are required to make investment decisions with real money.

The four Beedie students accepted the top prize on behalf of their team's work on the Beedie Student Investment Advisory Service (SIAS) fund, Canada's largest student-run investment fund. The SIAS lets students manage $10.8 million of the university's endowment portfolio, gaining invaluable real-world experience in investment, risk management and compliance.

"Our presentation focused on the SIAS fund's excellent investment performance and rational investment strategy," Bai said in a media release. "We will strive to continue managing the fund successfully and leave in place a legacy for future cohorts to continue our success at RISE."

"Our students' performance in the RISE investment competition attests to the quality of our students, the program, and to all our staff involved," said Jan Simon, academic chair of the MSc in finance program.

For more information on the Beedie School of Business, visit beedie.sfu.ca.

JIBC. School names new vice-president

Effective April 28, the Justice Institute of British Columbia (JIBC) will welcome Peter R. Kingston as new vice-president, finance and administration.

Kingston comes to JIBC from the Canadian Cancer Society, B.C. and Yukon Division, and his focus will be to optimize resources and showcase JIBC to the B.C. business community.

"I'm excited to have the opportunity to join Justice Institute of British Columbia, and contribute to its reputation for educational excellence and student success in public safety education," Kingston said in a media release.

While with the Canadian Cancer Society, Kingston oversaw regional operations and finance, as well as technology and facilities in his role as vice-president, operations. Before his time there he served as vice-president, finance at Vancouver Foundation, where he provided executive leadership of financial, technology, and administrative strategies for the management of $750 million in endowment assets.

"JIBC enjoys excellent relationships with municipal, provincial and federal governments, and their ministries, departments and agencies," Kingston said. "I see an opportunity to increase awareness within the B.C. business community. I look forward to being an ambassador for JIBC, and showing business leaders how JIBC supports the economy, develops leadership skills within the workforce, and helps communities and businesses to prosper and to mitigate risks."

"Peter is an excellent addition to our senior management team," said JIBC president Dr. Michel Tarko. "He brings an extensive background in public accounting and financial management at the executive level, in both private and not-for-profit organizations."

DANIEL HENDRIKSEN

Douglas dean to assume full-time role

Douglas College officials recently announced that they have removed the interim tag from Brian Chapell's role as dean of science and technology. It was made official at the beginning of the month that Chapell would take over the position full time after serving in the role on an interim basis since 2013.

"We are delighted to have Brian assume this important leadership role," Kathy Denton, Douglas' vice-president academic, said in a press release. "He is an effective administrator with detailed knowledge of the courses, programs and people at the college. He also cares deeply about students and is committed to ensuring they receive an excellent education."

Chapell has been working in post-secondary teaching and administration for more than 15 years.

Before his time with Douglas, Chapell served in several roles at the University College of the Cayman Islands. While there he held the positions of acting president, dean of academic affairs and special projects, and chair of mathematics and science. Chapell has also worked at Mohawk College in Hamilton, Ont., where he served as instructor of chemical and environmental technology.

"I'm very pleased to be selected as dean of science and technology," Chapell said. "I'm looking forward to building on the faculty's strengths and exploring opportunities to expand our programming."

DANIEL HENDRIKSEN

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Langara grad is on a roll

DANIEL HENDRIKSEN
For Metro

A Langara College alumnus has combined his passion for cycling and mechanical skills to create a cutting-edge bicycle repair business, a business that recently got him named one of B.C.'s 30 Under 30 by BCBusiness magazine.

Boris Martin, an alumnus of Langara's School of Management, is the co-founder and COO of Velofix Holdings Ltd., a company that specializes in mobile bicycle repair. In fact, Velofix is the world's first, fully integrated mobile bike pro shop.

The 30 Under 30 recognizes the province's young professionals who excel in their respective industries, give back to their community and planet, and who will lead business in B.C. for years to come.

"In hindsight, I don't think I could have started this business without my education at Langara," Martin said in a media release. "The program helped me develop a well-rounded understanding of business and business practices. From accounting to human resources, to forecasting and stats, I am confident to say that without my education at Langara, I wouldn't have had the skills and abilities to launch this business with the same success, or speed."

Well-rounded education

"In hindsight, I don't think I could have started this business without my education at Langara. The program helped me develop a well-rounded understanding of business and business practices."
Langara College grad Boris Martin

Team Velofix includes Langara College alumnus Boris Martin.
VELOFIX HOLDINGS LTD. PHOTO

Velofix was launched in Vancouver with just one truck and is now selling franchises nationwide. According to Martin, they have seen a growth of 400 per cent from Year 1 to Year 2, and they don't expect that growth to slow down in the coming years. Velofix's goal is to have about 40 franchises in Canada and more than 400 in the United States.

"We couldn't be more proud of Boris's professional accomplishments in the short time since he completed his studies," said Spencer Dane, department chair of Langara School of Management. "Our faculty are committed to providing students with a solid theoretical foundation and practical skills, and the reward is seeing our graduates succeed."

Martin and the other recipients will be recognized at the 30 Under 30 reception, which is scheduled for April 30.

Alumna chosen as new SFU chancellor

The Simon Fraser University (SFU) board of governors has announced that alumna Anne Giardini will assume the role of the school's chancellor in June.

Giardini, who will become SFU's 11th chancellor, is a lawyer, author, and arts patron. She served on SFU's board of governors from 2009-14 and was a member of the federal advisory council for promoting women on boards in 2013.

Anne Giardini

"I am very honoured to have been selected for this prestigious position, and am tremendously energized by SFU's vision to be Canada's most community engaged research university," Giardini said in a press release. "A chancellor plays a unique role, and I plan to be a tireless advocate for SFU's students and alumni, and the vital contributions they make to B.C.'s economic prosperity and social well-being."

Giardini holds a BA in economics from SFU, LLB from UBC, and LLM from Cambridge University (Trinity Hall). Her dedication to community service and philanthropy has earned her some prestigious awards, such as a Queen Elizabeth II Diamond Jubilee Medal and a Lexpert Zenith Award in 2013. Giardini also received the Robert V.A. Jones Award in 2011, recognizing leadership in corporate counsel practice, and was named one of Canada's 25 most influential lawyers.

Giardini will be installed as chancellor June 13. She will take over the role from Dr. Carole Taylor, who has served in the position since June 2011.

DANIEL HENDRIKSEN

METRO CUSTOM PUBLISHING

FOCUSING GROWTH ON PROVINCE'S CREATIVE ECONOMY

EMILY CARR SATELLITE STUDIOS FOR TEENS

For teens thinking about a career in the arts or the creative economy, Emily Carr is accepting students for the first satellite studios for teens to run outside of the Lower Mainland.

These intensive, pre-university programs have run in Vancouver since 2003, have reached more than 700 youth and will build upon this success in partnership with Resort Municipality of Whistler (RMOW) and the University of Northern British Columbia (UNBC).

"Emily Carr has the opportunity to further its provincial commitment by strengthening connections and foundations for growth of our province's creative economy," says Sadira Rodrigues, dean of continuing studies, Emily Carr University. "What we offer to regional partners is efficient leverage of Emily Carr's institutional reputation and expertise in art, design and media education, all toward community engagement and strategic growth."

The studios leverage an effective and rigorous curriculum that emphasizes collaboration, creative communication, critical analysis and design thinking. Course content will focus on locally relevant issues through a process of community research.

The summer intensives will integrate local site visits, engage community-based guest instructors and support each of the partners' strategic focuses on cultural and economic development, culminating with a public-facing event in the community.

For more, visit teens.ecuad.ca.

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GET A HEAD START IN LAW ENFORCEMENT

Get a running start in your law enforcement career with a new degree that provides the advanced training and complex skills needed in the field.

The Justice Institute of British Columbia (JIBC) is accepting applications for its new bachelor of law enforcement studies (BLES) program that starts in September.

"The program is the first of its kind in Western Canada," says Mike Trump, dean of the school of criminal justice and security at JIBC. "It was developed to provide the latest techniques and necessary skills to deal with the growing sophistication of crime and the increasing complexity of law enforcement."

Learning how to properly conduct forensic investigations, handle firearms, and safely drive emergency vehicles are just some of the essential skills students gain through JIBC's law enforcement program. It begins with the two-year law enforcement studies diploma (LESD) at JIBC, which ladders into the BLES program.

Graduates of the LESD program and students from other post-secondary institutions with a criminal justice or criminology diploma are invited to apply for the new bachelor's degree. If they meet the admission requirements, their credits can be transferred and students can continue their education in the third year of the BLES program.

The application deadline for the BLES program is April 30. For more, visit jibc.ca/bles or send an email to bles@jibc.ca.

CONTRIBUTED

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CHANGE YOUR CAREER PATH AT ACADEMY

When Luz E Quiroz arrived in Canada from her home country of Mexico, she carried with her an impressive resumé in international relations and as a financial analyst and plenty of work experience in her field.

But when it came to finding a job in Canada, her lack of Canadian work experience prevented her from landing a job.

"I needed to find something to compensate the lack of Canadian experience so I decided that education would be the key," Quiroz says.

That was when she found out about Academy of Learning College (AOLC) and decided to enrol in the business office skills diploma.

"It was the best decision I could have ever made," says Quiroz, who has since gone on to become the school director, Academy of Learning, Vancouver campus.

Quiroz credits much of her success to the Integrated Learning™ System (ILS) offered at AOLC.

"The ILS allowed me to study on my own pace and little by little I got enough confidence to start demonstrating my professional skills," Quiroz says.

"If you are a new immigrant or an adult that wants or needs change in your career path, AOLC will give you an excellent way to do it."

For more information, please visit academyoflearning.com.

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SOCIALIZE, PLAY AND EXPLORE

COLUMBIA COLLEGE

CONTRIBUTED

With a variety of sports and on- and off-campus activities taking place at Columbia College, it is no wonder students are quick to welcome opportunities to play, socialize and explore.

"The campus is still small enough that connections are easily made for students to achieve support and friendships as they go about their studies," says Ben Davies-Thompson, student activities co-ordinator, Columbia College.

For many students, what they do outside of the classroom can lead to greater success in the classroom.

Columbia College fosters a sense of community throughout the campus by offering students a number of different extracurricular activities. Some activities include local hikes, taking part in dragon boat competitions, or even helping to set up orientations for new students arriving into Canada.

Davies-Thompson says many Columbia College students who move on from the school often report keeping their Columbia classmates as their main social group, with a good number of alumni returning to participate in regular extracurricular events at the college.

"Having students keep this perennial link with Columbia is a sign that, over and above our focus on academic preparation, we are doing some good work as homemakers for young people new to Canada," Davies-Thompson says.

For more information about Columbia College, visit columbiacollege.ca.

NEC DELIVERS CULTURALLY SENSITIVE PROGRAMMING

The Native Education College (NEC) health sciences program comprises of variety of programs, such as health-care assistant certificate program (HCA), acute care certificate, mental health, palliative care, and pathways to health careers and are open to both Aboriginal and non-Aboriginal students.

All these programs are unique in the sense that they have been developed for delivery using a culturally sensitive approach and Aboriginal wellness model to prepare students to provide appropriate client-centred care to both Aboriginal and non-Aboriginal communities.

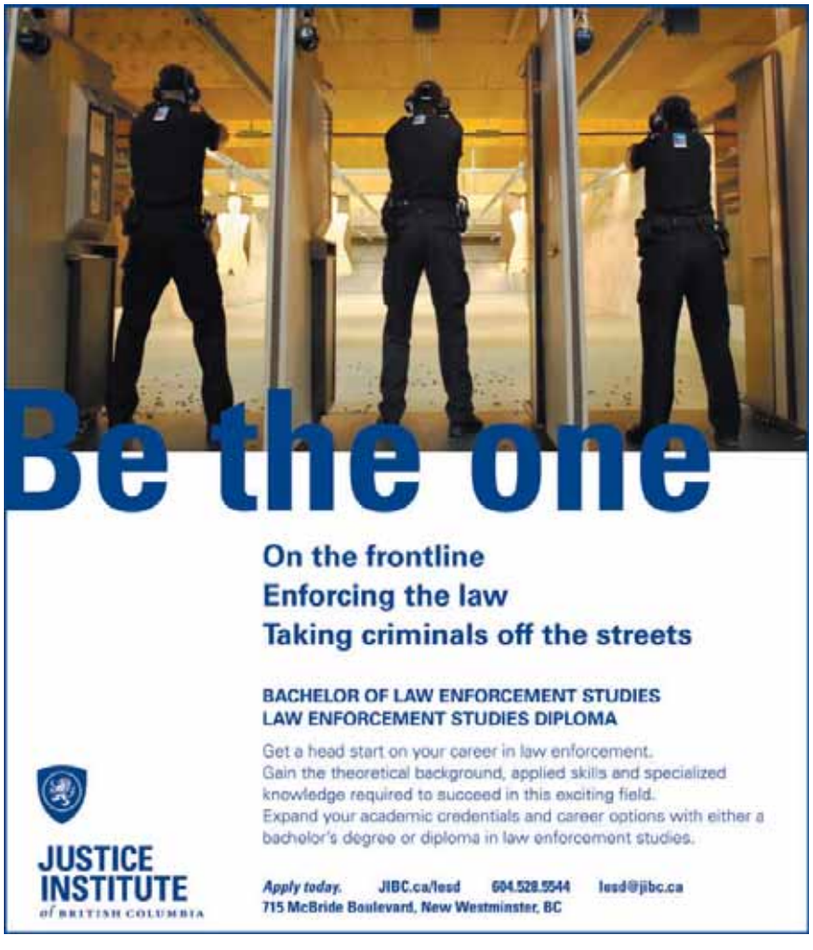
"The goal of the health-care programs is to prepare students for a role in various Aboriginal and non-Aboriginal organizations, settings and contexts, both rural and urban," says Pooran Qasimi, health sciences, program manager, NEC. "Ultimately, our goal is to help increase the number of trained and qualified Aboriginal health-care workers available to improve the health and well-being of both Aboriginal and non-Aboriginal communities across the province."

CONTRIBUTED

Through NEC's affiliation and strong partnership with Vancouver Coastal Heath, they have been able to find supportive facilities for practical experience prior to students graduating from programs such as HCA and acute care certificates.

Students will gain knowledge and skills in a culturally relevant manner with highly qualified registered nurse instructors, as well as elders who are eager to share their knowledge with students.

For more detailed information, visit necvancouver.org.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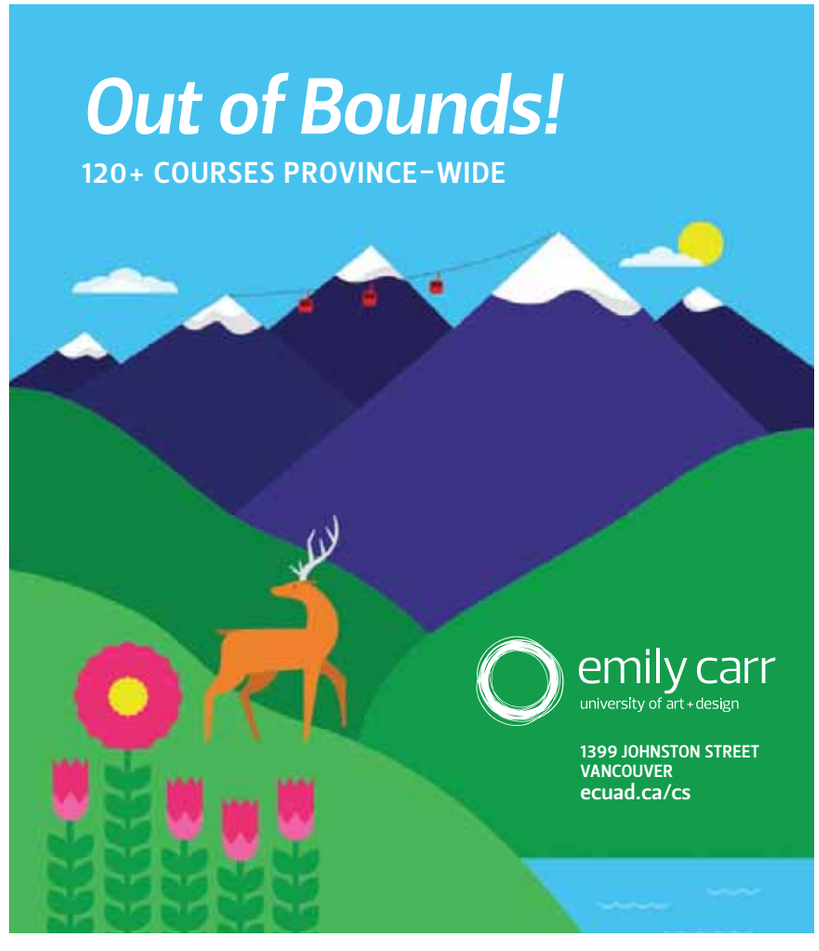

Canucks coach John Tortorella gestures while responding to questions at an end of season news conference in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

Torts: 'Stale' Canucks need to be 're-tooled'

NHL. Vancouver coach assigns blame to team with his job on the line

CAM TUCKER
cam.tucker@metronews.ca

In what could be his final address to Vancouver media, Canucks head coach John Tortorella delivered his views on a failed season, and a core group of players now out of the playoffs three years removed from their trip to the Stanley Cup Final.

Their 2013-14 season ended with a massive plummet to a 12th-place finish in the Western Conference.

"I felt from Day 1 that it's stale," said Tortorella about the Canucks' core group of players, later adding the team lacked depth. "The team needs to be re-tooled."

Tortorella added that there needs to be a change to some of the core players.

Nine players currently on the roster — Daniel Sedin, Henrik Sedin, Ryan Kesler, Alex Burrows, Chris Higgins, Alex Edler, Kevin Bieksa, Jason Garrison and Dan Hamhuis — have either no-trade or no movement clauses in their contracts.

The regression since 2011 has been immense. Back-to-back first-round playoff exits preceded this disastrous campaign. Former general manager Mike Gillis was fired last week.

Tortorella may also be out of a job soon.

"I think with the way things have went the last couple of years ... it's not a good feeling for us," said Kevin Bieksa.

The Canucks were in a playoff position when the calendar flipped to 2014. Then it all came crashing down. From Jan. 1, the Canucks went 12-24-4.

The Sedin twins saw their production decrease.

Not including the 2013 lockout-shortened season, Daniel Sedin saw his lowest point and goal production since 2002-03. For Henrik Sedin, it was his lowest point total since 2003-04.

"We take responsibility for what happened. We didn't play well enough for those six, seven weeks where things started going wrong," said Henrik Sedin. THE CANADIAN PRESS

Last words?

"I don't coach to keep my job. I'm not going to go into any meeting to try to save my job. I just don't do it that way." John Tortorella

AHL

Abbotsford Heat on the move?

The Abbotsford Heat of the American Hockey League is back in the news.

The city of Abbotsford has scheduled a press conference at the Abbotsford Entertainment and Sports Centre for Tuesday, as rumours swirl after a report surfaced of a potential move for the Heat franchise, AHL affiliate of the Calgary Flames, to Glens Falls in upstate New York.

Expected to be in attendance at the press conference is Abbotsford mayor Bruce Banman, Flames CEO Ken King, Global Spectrum regional vice-president Dean Clarke and Heat president Ryan Walter.

The city is locked into a 10-year supply fee agreement with the Flames and the local ownership group Fraser Valley Sports and Entertainment.

The local ownership group is guaranteed $5.7 million in revenue each season at the taxpayers' expense, whether the club turns a profit or loses money.

CAM TUCKER/METRO

NHL

Sedin on dirty hit: 'I was scared'

There was good news for the Vancouver Canucks on Monday, as Daniel Sedin was present for the end-of-season press conference.

Sedin was stretchered off the ice Sunday after he was hit from behind by Calgary Flames forward Paul Byron.

"I was scared because I felt something wasn't right," said Sedin.

CAM TUCKER/METRO

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Bruins' top billing means nothing to Wings

Battle in Beantown. Despite all their success during regular season, Boston went 1-3 against Detroit

The Boston Bruins had the NHL's best record, allowed the second fewest goals and scored the third most.

They have four strong lines, three solid defensive pairings and one of the best goalies.

And they were 1-3 in the regular season against their first-round playoff opponent.

The Detroit Red Wings will be back in town Friday night.

The Bruins played a terrible game on Nov. 27 in Detroit, losing 6-1, their most lopsided loss of the season and one of only five games in which they allowed more than four goals.

"Everything we did tonight was just a disaster," Boston coach Claude Julien said then.

Most everything they've done since then has been impressive, going 38-10-9. For the season, the Bruins outscored opponents by 84 goals while Detroit was outscored by eight.

Outstanding goaltending by Tuukka Rask, who led the NHL with seven shutouts, a combination of youth and experience and the all-around brilliance of centre Patrice Bergeron make the Bruins favourites.

Bergeron played with his usual excellence defensively and scored 30 goals, one less than his career-high in 10 seasons, all with the Bruins.

"It's the best I've seen him," Boston general manager Peter Chiarelli said Monday.

THE ASSOCIATED PRESS

Patrice Bergeron GETTY IMAGES FILE

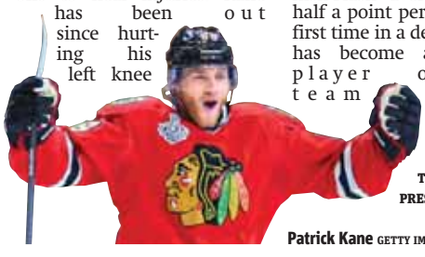
First round. Banged-up stars, renewed rivalries kick off the post-season

Here's a look at what to watch for when the NHL playoffs begin Wednesday:

IN THE EAST — The Atlantic Division-winning and defending Eastern Conference champion Boston Bruins will face the wild-card Detroit Red Wings in the opening round. The team that advances will face the division's second-place Tampa Bay Lightning or third-place Montreal Canadiens. The Metropolitan Division-champion Pittsburgh Penguins will play the wild-card Columbus Blue Jackets and the winner moves on to face the division's second- or third-place teams, the New York Rangers or Philadelphia Flyers.

OUT WEST — The Pacific Division-champion Anaheim Ducks are set to match up with the wild-card Dallas Stars, the fifth team in from the Central, in the only inter-division series. The winner will play the Pacific's second-place San Jose Sharks or Los Angeles Kings. The Central champion Colorado Avalanche face the wild-card Minnesota Wild and the team that advances will match up with the division's second- or third-place teams, the St. Louis Blues or defending Stanley Cup-champion Chicago Blackhawks.

ON THE MEND — The Blackhawks expect to have Jonathan Toews and Patrick Kane in the lineup when they play at St. Louis on Thursday after each had long layoffs to heal injuries. Kane has been out since hurting his left knee



Patrick Kane GETTY IMAGES FILE

Teemu Selanne GETTY IMAGES

March 19 — against the hard-hitting Blues.

BUCKLE UP — One of the many intriguing matchups in the opening round has the 2012 Stanley Cup champion Kings against the Sharks for the third time in four post-seasons. The Kings eliminated the Sharks in Game 7 of the second round last year after being eliminated by them in Game 6 of an opening-round series in 2011. Los Angeles and San Jose have played 22 times the last three years, including the playoffs, and each has won 11 of those games. "We figured we were going to see them at some point," Sharks defenceman Dan Boyle said. The Rangers and Flyers, whose arenas are about 100 miles apart, have met many times in the playoffs in the past, but not since 1997, when Philadelphia got past New York in five games and went on to lose in the Stanley Cup finals.

SELANNE'S SWAN SONG — Ducks star Teemu Selanne plans to retire after this season, ending a 21-season run that includes a Stanley Cup in 2006. The 43-year-old "Finnish Flash" averaged less than half a point per game for the first time in a decade. Selanne has become a supporting player on a talented team that should advance for the first time since 2009.

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Raps buck years of disappointment with franchise-record 48th win

The Toronto Raptors have recorded their best regular-season record in the team's 19-year history.

The playoff-bound Raptors topped their record for franchise wins with victory No. 48 on Monday, a 110-100 defeat of the lowly Milwaukee Bucks — their most recent milestone achieved on a night that started with the unfurling of their Atlantic Division banner.

Greivis Vasquez scored 25 points, while Kyle Lowry added 24 for the Raptors (48-33). Jonas Valanciunas had 14 points and 13 rebounds, Tyler Hansbrough scored 12 points and grabbed 11 boards, while Amir Johnson finished with 10 points.

Ramon Sessions scored 21 points to top the Bucks (15-66) in their 14th straight loss on the road. Jeff Adrien added 19 points.

Amir Johnson celebrates as he leaves the court following the Raptors' win over the Bucks in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Vasquez started in place of all-star DeMar DeRozan, who was given the night off to rest up for the playoffs.

The Raptors led from the outset, and were up by as much as 22 points in the second quarter of their final regular-season game at Air Canada Centre. They took an 84-69 advantage into the fourth against a Bucks team that is guaranteed to finish with the worst record in the NBA this season.

But the Bucks showed some fight in the fourth, pulling to within seven points on an alley-oop dunk by Adrien with 7:27 to play.

The Raptors wrap up the regular season Wednesday against the Knicks in New York. THE ASSOCIATED PRESS

Swimming

Phelps dives back into the pool

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly. THE ASSOCIATED PRESS

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Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Shanny expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time … those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

Shanahan, who grew up in the Toronto neighbourhood of Mimico, was previously the league's director of player safety. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

♉ Taurus
April 21 - May 21
Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

♊ Gemini
May 22 - June 21
The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

♋ Cancer
June 22 - July 23
Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

♌ Leo
July 24 - Aug. 23
By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

♍ Virgo
Aug. 24 - Sept. 23
Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

♎ Libra
Sept. 24 - Oct. 23
Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

♑ Capricorn
Dec. 22 - Jan. 20
This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

♒ Aquarius
Jan. 21 - Feb. 19
Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

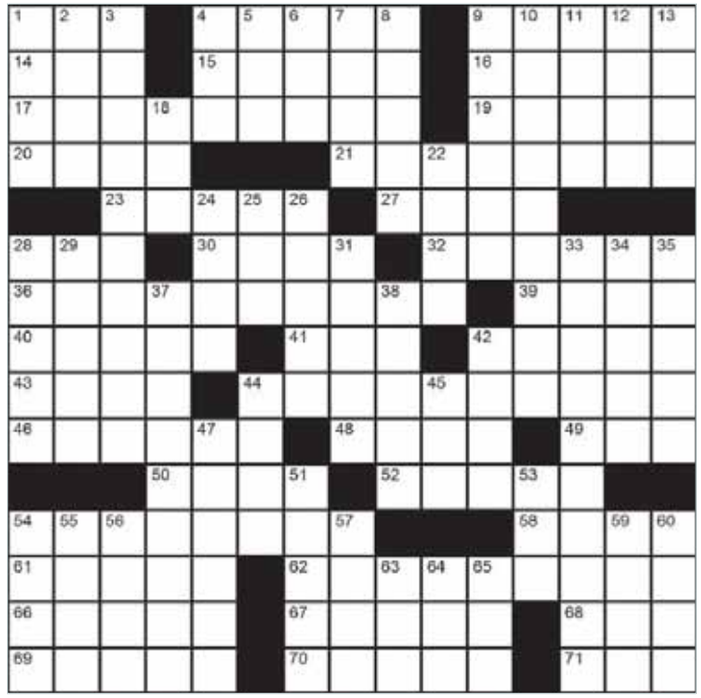
♓ Pisces
Feb. 20 - March 20
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Halfway
4. Calendar parts
9. Jostle
14. A little __ _ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. __ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per __ (Daily)
49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "__ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix
62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down
1. Magic†spell
2. Lady Antebellum's "_ __ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once
6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Sopper-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy
13. In the past, in poetry
18. Powder __
22. Look bewilderedly
24. __-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes __ __" (1985)
29. "__ __ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. _ _ _ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung __
54. Pics-taking devices
55. Latin hymn: "Dies __"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. __ _ break
64. Stinker
65. "El __" (1961)

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	6					4	
2					3		5	
7			4		6	3		
	2			6		4		9
1		4		2			7	
		5	8		9			2
	1		3					7
	3					5	9	

Yesterday's Sudoku

1	3	6	2	7	9	8	5	4
2	4	9	5	8	1	3	6	7
5	8	7	3	6	4	1	9	2
3	9	5	6	1	2	4	7	6
4	6	8	7	5	3	2	1	9
7	1	2	9	4	6	5	8	3
6	7	4	1	2	8	9	3	5
9	5	1	4	3	7	6	2	8
8	2	3	6	9	5	7	4	1

Today
13°/9°
Showers
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Wednesday
12°/9°
Showers
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